



Youth and Young Adults

2018-19 Community Action Projects

Bellows Fall Union High School

Our group decided to create a workshop for 6th grade students about how to deal with stress/worries because we wish we had gotten this information when we were younger. We met weekly to design our workshop and decided to use [ClassDojo](#) - short online videos with discussion questions about changing mindset for younger children. Unfortunately we were unable to present the workshop before the end of the year, but plan to pick the project back up in the fall.

Adult Facilitator: Andrea Carlson andrea.carlson@wnesu.com

Burr and Burton Academy

This fall, our group planted a tulip garden for [The Yellow Tulip Project](#), as a way to smash the stigma surrounding mental illness, build community, and inspire productive conversations about how to combat the rising rates of suicide. In the spring, we had a [Yellow Tulip Celebration](#). We had all kinds of food, and we did a "kindness rocks" project (over 50 river rocks were painted yellow and students took paint markers and wrote kind messages on the rocks to give to friends, keep for themselves, or put in the garden). We also had a "Hope Happens" poster where people wrote down what makes them hopeful. Next fall we plan to do the ["I Am More"](#) campaign, which we hope will help draw other people into the cause/club.

Adult Facilitator: Kristen Kimball kkimball@burrburton.org

Champlain Valley Union High School

Our group planned activities for a Mental Health Awareness Week at our school. The activities were held during lunch and they included engaging students in contributing to the creation of a Gratitude Banner and an "iceberg activity" where students write what they show on the outside and what they keep beneath the surface. Our group also provided resource sheets, positive affirmations, bracelets, and stickers.

Adult Facilitator: Vanessa Harman vharman@cvsdvt.org

Colchester High School

Our group created a school wide Anxiety Management Awareness campaign. This campaign was designed by our group to educate our student body about ways to manage stress and anxiety and avoid depression. We also provided resources for students to use when they are experiencing these feelings, like stress toys that students could sign out in classrooms and phone apps reviewed by group members. We had messaging up on all TV monitors around the school building and on posters/bulletin boards.

Adult Facilitator: Julie Pastore Julie.pastore@colchestersd.org



Compass School

Our group met regularly engaging in self-reflection and group activities to learn about and explore aspects of mental health and wellness. We developed and implemented a school wide survey to gauge students' knowledge and concerns about mental health and wellness. After looking through the data, three topics rose to the top: handling stress, body image, and knowing how to help a friend who is talking about suicide or self-harm. The students plan to create workshops or short presentations on these topics and offer them during advisory, All School Meeting, and health classes.

Adult Facilitator: Nancy Wohl counselor@compass-school.org

Danville School

Our Umatter group teamed up with our OVX and VCAT groups to create and host a community forum. We gave 3 presentations to parents, students and community members about vaping, suicide prevention, and marijuana. Our Umatter group also presented at a faculty meeting about suicide prevention in our school.

Adult Facilitator: Simon Fisher sfisher@danvillek12vt.us

North Country

Our group created a Green Ribbon display for Mental Health Awareness Week (May 6-11th). We started the week with an assembly, we encouraged everyone to wear green ribbons for suicide awareness, and organized several spirit days, and collected donations to go towards the Out of the Darkness Suicide Awareness event. We had lots of participation school wide in the various activities and we heard lots of positive feedback!

Adult Facilitator: Julie Gunn julie.gunn@ncsvt.org

Richford Jr High School

Our Umatter group organized a Wellness Day for 100 junior high students. The day began with an assembly to talk about why everyone matters. We showed a short video called [Your Value](#) by motivational speaker, Jeremy Anderson. Students then rotated to 9 workshops throughout the day. The workshop categories were: Education about Vaping, Our Changing Bodies, Anger and Stress Management, Just Dance & Benefits of Physical Activity, Healthy Eating, How to Help a Friend, and Interpersonal Communication, Inclusion/Anti-Bullying. Students involved in our Umatter and Anti-Bullying groups facilitated four of the workshops.

Adult Facilitator: Alysa Vallender avallender@richfordk12.net

Rutland High School

Our group did a lot of fundraising so we could bring [Deana's Educational Theater](#) from Boston to perform Remote Control, an interactive play on teen dating relationships. We promoted the play to students, which was performed during school. The audience was engaged in discussion before, during and after the performance and learned about how to recognize different types of abuse within a relationship, how to help someone in an abusive relationship, the importance of the role of a bystander, and local resources and reporting options.

Adult Facilitator: Nancy Ivey nancy.ivey@rcpsvt.org